

San Francisco, Calif.
June 7, 1895.

SAN FRANCISCO

Training School for Nurses.

CITY AND COUNTY HOSPITAL.

JOHN H. HEALY, M. D.

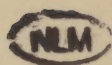
Supt. Physician

IDA M. FORSYTHE

ELISE K. MOHL

Instructors.

Established by Board of Health
1891.



INFORMATION

REGARDING THE

S. F. Training School for Nurses

CITY AND COUNTY HOSPITAL

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The Board of Health has adopted arrangements for a two years' course of training to young women desirous of becoming professional nurses.

Applicants desiring to receive such a course of instruction and conform with the regulations of the School shall apply to the Superintendent of the City and County Hospital, or the Principal of the Training School.

The most desirable age for candidates is from twenty to thirty-five years; they must be in good health, and must present on application a certificate from two persons—(not relatives)—(one a physician preferred) as to their good character and good health. They shall be examined by the Supt. of the Hospital as to physical capacity, health, mental and moral qualifications for the business. If he is satisfied in these respects the applicant shall be admitted as a probationer for three months.

At the expiration of the term of probation, the applicant having passed the preliminary examination and obtained a certificate of approval from the Board of Health, shall be regularly received as a pupil nurse.

They shall sign a written agreement to remain in the school for two years and conform themselves to the direction of the Chief Nurse as to hours of duty, absence from the institution, dress when in the institution and otherwise, as persons employed in a household to the head of the establishment.

They receive after the first three months ten dollars monthly. This is intended for necessary expenses.

This is in nowise intended as wages, it being considered that their education during this time is a full equivalent for their services.

At the expiration of the full term of two years, having conducted themselves with propriety and proved themselves to the satisfaction of the Supt. Physician and the Medical Examiners competent to undertake and perform the duties of a nurse, either generally or for special purposes, shall be entitled to a diploma or certificate to that effect from the Board of Health, signed by the Mayor the members of the Board, the Superintendent Physician of the Hospital and the Instructors.

The course of instruction will be given by the Superintendent of the Hospital and the visiting physicians and surgeons, at the bedside of the patients; also by the Instructors.



# QUESTIONS TO BE ANSWERED BY CANDIDATE.

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1. Name in full and present address of candidate.  
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2. Married or single?.....
3. Age last birthday, and date and place of birth?  
.....
4. Where educated?.....
5. Are you strong and healthy, and have you always  
been so?.....
6. Are your sight and hearing perfect?.....
7. Height?.....8. Weight?.....
9. If a widow, have you children?....
10. If you have children, how many, their ages, and  
how provided for?.....
11. Where (if any) was your last situation? How  
long were you in it?.....
12. The names in full and addresses of two persons  
to be referred to.....

State how long each have known you.....

I declare the above statement to be correct.....

## POST-GRADUATE COURSE FOR NURSES.

In addition to the San Francisco Training School for Nurses at the City and County Hospital there is a six months' Post-Graduate Course for nurses who wish to prepare themselves to fill Hospital positions, such as principals of training schools or matrons of public institutions.

Those wishing to obtain the course of instruction must apply to the Superintendent of the Hospital or the Principal of the Training School, upon whose approval they will be received into the school one month on probation.

Applicants for admission must present a diploma or certificate from some Hospital Training School signifying they have completed the term of two years, during which time their conduct has been satisfactory and they have passed the required examinations.

Applicants are received at any time during the year when there is a vacancy, but all applicants are reminded that women of superior education and cultivation are required. During the month of trial they will serve as ward nurses. At the end of the month applicants proving satisfactory will be accepted upon signing the following

## AGREEMENT

"I, the undersigned, do hereby agree to remain six months from date a pupil of the above named institution, and promise during that time to faithfully obey the rules of the school and hospital, and to be subordinate to the authorities governing the same."

Pupils will reside in the hospital and serve as head nurses in the wards under the directions of the Principal of the School, and will be expected to take charge of the general operating room and its surgical instruments, also take charge of special, obstetrical, medical and surgical cases; and to act as night Superintendent.

When the term of six months is ended, on leaving the school, they will, on passing an examination, receive a diploma, and will be expected to report from time to time for the next few months to the Superintendent, who will be interested in helping them to secure positions.

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### TEXT BOOKS.

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Clara Weeks on General Nursing.

Cleveland's Medical Lexicon.

Leonard on Bandaging.

Wilson, Fever Nursing.

Nursing and care of the Nervous and Insane,

E. K. Mills, M. D.

J. M. Keating, M. D., Maternity, Infancy; Childhood.

E. G. Bruen, M. D., Outlines for the management of Diet.

Steel's Physiology and Hygiene.

Lückes Hospital Sisters and their Duties.

Stewart's Dose Book.

## VIII

# JUNIOR LECTURES.

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### *Hygiene.*

1. Chemistry of the atmosphere.—Biological significance of its different constituents.—Physics of air-currents.
2. Alterations in the air resulting from respiration.—Pollution of the air from inorganic sources.—Floating particles in the air.
3. Diffusion of gases as seen in the so-called "Natural Ventilation."—Application of this phenomenon and artificial methods of ventilation.—Amount of air necessary under different conditions.
4. Ready methods for testing the quality of air.—Improvised ventilation.
5. General hygiene of sick-rooms.—Disinfection of infected clothing.
6. Disinfection and disposal of excreta.—Disinfection of infected apartments.
7. Preservation of food, milk, &c., &c.

### *Visceral Anatomy with Demonstrations.*

1. The Thorax.
2. The Abdomen.

### *Medical Lectures.*

1. The general care and observation of patients.
2. The recording of observations of temperature, pulse and respiration.
3. Nursing in febrile diseases, including the use of cold water bath.
4. Nursing in contagious diseases.
5. Diet.
6. The administration of medicine.
7. Medical appliances and emergencies.

### *Surgical Lectures.*

#### *Care of surgical instruments.*

1. Cell life.—Healing of wounds.
2. Principles of aseptic and antiseptic surgery.—Dressings and disinfectants and their methods of preparation and use.
3. Anaesthetics and their administration.—Care of patients before, during and after operation.—Shocks and emergencies.
4. Some special operations.—Surgical diseases, tumors, &c.
5. Hemorrhage and its treatment.—Wounds and their treatment.
6. Fractures, dislocations, contusions and sprains; their diagnosis and treatment.—Prompt aid to the injured.
7. Wounds, accidents, suppuration, abscess, erysipelas, septicaemia, tetanus, etc.
8. Principles of bandaging.



*Gynecology.*

1. Special anatomy of the pelvis.—Diseases to which women are liable.
2. Abdominal operations.—Preparation of patient, hands, instruments, etc.—Assistance of nurses at operation.—Asepsis.—How to keep aseptic while on duty.
3. After-care of abdominal cases; vomiting, pain, position of patient, catheterization, changing of dressings, enemata.
4. General gynecological operations; care after operations.—Gynecological instruments.

*Diseases of the Eye and Ear.*

1. The anatomy of the eye; care in health and disease.
2. Care of eyes after operations.
3. Anatomy of the ear; care in health and disease.

*Children.*

1. Care of infants. Condition of the child immediately after birth, (1) general appearance, (2) bony framework, (3) internal organs, (4) changes in the blood circulation, (5) establishment of pulmonary respiration.
2. Infancy. (1) Growth and development of infants, (2) physiological peculiarities, (3) tendency to disease, (4) great mortality.
3. Care of healthy infants. (1) Handling, (2) bathing, (3) clothing, (4) sleep, (5) exercise, (6) the nursery.
4. Infant-feeding. (1) In health, (2) in sickness.

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## SENIOR LECTURES

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*Obstetrical Lectures.*

1. *Pregnancy.* Organs of the body concerned in pregnancy and parturition: (a) The bony canal, the false and the true pelvis; (b) The soft parts, uterus, vagina, and pelvic floor.
  2. *Impregnation.* The ovum, its development.—The placenta.—The development of the uterus.—The hygiene of the pregnant state.—The diet.—Care of the bowels.—Care of the breasts.—The vomiting of pregnancy.—The diagnosis of pregnancy.—Quickening, auscultation, etc.—Table of calculation of probable duration of pregnancy.—Death of the foetus in the uterus.
- Abortion.* The signs of impending abortion.—Natural course.—Its management.—Incomplete abortions, its results.

3. *Parturition.* Making the bed for the lying-in woman.—The mature foetus.—Conditions of the pelvic organs.—Forces bringing about the birth of the child.—Forces resisting the birth.
4. *Natural Labor.* Antisepsis and asepsis.—Position of foetus, etc.—Stage of labor.—Assistance called for in natural labor.—How the nurse is to conduct herself in an emergency.—Laceration of the perineum. Post partum hemorrhage.—What the nurse is to do to help the physician.—The birth of the placenta.—Its difficulties and its management.
5. *The Puerperal State.* What it is and the relation of the nurse towards it.—What preparations must be made for it.—A list of articles which must be on hand.—Receiving the child.—Washing the child.—Dressing the child. The care of the child.
6. *After-Care.* Care of the mother during the puerperium.—Care of the child during nursing.—Care of bottle-fed children.—Dangers to the mother in the puerperium.—Dangers to the infant.

### *Special Subjects.*

1. Elementary urinalysis.
2. Common poisons with their antidotes.
3. Diseases of the throat.
4. Treatment and nursing of the throat.
5. Diseases of the nose.
6. The care of the nervous and insane.
7. What to do for special forms of insanity.
8. Occupation for the invalid and convalescent.

### *Dietetics.*

1. Nutrition.—Digestion.—Adaptation of foods to particular needs and conditions.
2. Processes of cooking.—Fire.—Effect of heat on food materials.—Relative merits of different ways of applying heat.—Flavors.
3. Serving.—Neatness.—Temperature of foods.—Selection of dishes and colors.

### *Contagion.*

Di-infection in contagious diseases.

### *Diseases of the Skin.*

1. Anatomy and care of the skin.
2. Nursing in diseases of the skin

### *Nervous Diseases.*

Practical applications of electricity.

*General Medicine.*

Symptomatology.

*Nursing.*

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| 1. Ethics of nursing. | 3. Private nursing.  |
| 2. Ward management,   | 4. District nursing. |

*Children's Diseases.*

Diseases of children.



